

Lunch Club 60 Menu December 2015

Monday	Tuesday	Wednesday	Thursday	Friday
All meals served with milk, bread and margarine. Soup served with crackers.	<div>1</div> Mild Chili Tossed Lettuce Salad w/Ranch Dressing Wax Beans Oyster Crackers Pineapple	<div>2</div> Potato Crusted Tilapia w/Tartar Sauce Coleslaw w/out Pineapple Beets Wheat Bread Fruited Gelatin w/Topping	<div>3</div> Flameburger w/Condiments & Chopped Onion Split Pea Soup Red Jacketed Potatoes Petite Banana	<div>4</div> Braised Pork Chop w/Gravy Warm Applesauce Scalloped Potatoes Broccoli Rye Bread Oatmeal Raisin Cookie
<div>7</div> Stuffed Pepper w/Sauce Minestrone Mashed Winter Squash 12 Grain Bread Pears	<div>8</div> Sweet & Sour Pork Loin over Brown Rice Oriental Blend Vegetables Spinach Wheat Bread Clementine	<div>9</div> Meat Lasagna Green Beans Cauliflower Italian Bread Fresh Apple	<div>10</div> Breaded Haddock w/Tartar Sauce Coleslaw without Pineapple Mixed Vegetables Rye Bread Fruit Cocktail	<div>11</div> <u>Holiday Dinner</u> Steak Diane w/Mushroom Sauce Tossed Lettuce Salad w/French Dressing Scalloped Potatoes Dinner Roll Holiday Dessert
<div>14</div> Vegetable Lasagna Apple Juice Wax Beans Spinach Italian Bread Apricots	<div>15</div> Chicken ala King over Warm Biscuit Brussels Sprouts Mashed Winter Squash Petite Banana	<div>16</div> Rosemary Pork Loin w/Gravy Applesauce Au gratin Potatoes California Blend Vegetables Dinner Roll Lemon Pudding	<div>17</div> <u>Holiday Menu</u> Roast Chicken Dressing/Gravy Cranberry Sauce Mashed Potatoes Green Beans Almandine Holiday Dessert	<div>18</div> Goulash w/Ground Beef Cauliflower Beets Rye Bread Peaches
<div>21</div> Stuffed Cabbage w/Sauce Carrots Corn 12 Grain Bread Chocolate Pudding	<div>22</div> Broccoli Cheese Quiche Tossed Lettuce Salad w/Italian Dressing Italian Blend Vegetables Wheat Bread Fresh Kiwi	<div>23</div> Individual Meat Loaf w/Vegetable Gravy Mashed Potatoes Broccoli Wheat Bread Gingerbread Cupcake w/Whipped Topping	<div>24</div> Crab Cake w/Tartar Sauce Tossed Lettuce Salad w/French Dressing Scandinavian Blend Vegetables 12 Grain Bread Oatmeal Raisin Cookie	<div>25</div> <u>Merry Christmas</u> <u>ABVI Closed</u> <u>Lifespan</u> <u>Downtown Serving</u> <u>Menu to be Announced</u>
<div>28</div> Macaroni & Cheese Broccoli Stewed Tomatoes 12 Grain Bread Peaches	<div>29</div> Pulled Pork Tacos Shredded Cheese Coleslaw w/out Pineapple Carrots Applesauce	<div>30</div> Rosemary Oven Browned Chicken ¼ Navy Bean Soup Club Spinach Wheat Bread Mandarin Oranges	<div>31</div> <u>New Year's Eve</u> Baked Ham Slice w/Raisin Sauce Scalloped Potatoes Brussels Sprouts Dinner Roll Sherbet	<u>ABVI Closed</u> <u>Happy New Years</u> <u>No Meal Served</u>

Certified by Mary Apps MS, RD, CDN 9/4/15

Monroe County Dept of HS/Office for the Aging

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